Toronto metro

FORCILLO GETS SIX YEARS metroNEWS

CLINTON ON CENTRE STAGE
metroNEWS

Your essential daily news | WEEKEND, JULY 29-AUG. 1, 2016

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T.O. 2 RIO

Our athletes at the Games

Sixteen-year-old Olympic athlete Penny Oleksiak.
LIZ BEDDALL/METRO

Toronto vs. the world

SUMMER OLYMPICS

Metro series starts with T.O. teen swimming sensation

Joe Callaghan
For Metro | Toronto

Canada's Olympic team is rapidly assembling in Rio de Janeiro and Toronto will be well represented when the biggest sporting event on the planet gets underway next week.

Led by flag bearer Rosie MacLennan, athletes from in and around Toronto make up nearly a quarter of the 313-strong national team competing for gold and glory in Brazil. In fact, there are more athletes from the GTA competing at the Games than from the entire provinces of British Columbia (68) or Quebec (54).

But while they're in Rio, their hometown pride will get wrapped in the Canadian flag, says Curt Harnett, Chef de Mission for Team Canada.

"The pride of these Canadian jackets, putting it on as a collective, you immediately become part of something bigger. That's why we watch," Harnett told Metro.

Starting with teenage swimming sensation Penny Oleksiak, Metro Toronto kicks off its T.O. 2 Rio series, bringing you stories about GTA athletes and their journeys to Rio de Janeiro.

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metro NEWS
Metro will be back on Tuesday
Your essential daily news
Weekend, July 29-Aug. 1, 2016

Black Foodie cooks up cultural cuisine

FOOD

Online portal celebrates best Caribbean, African recipes

Gilbert Ngabo
Metro | Toronto

A group of local foodies is trying to change how Toronto thinks about Black cuisine.

Black Foodie is an online platform celebrating the best African and Caribbean food in Toronto. In addition to showcasing different meals and restaurants, the site explores the cultural significance and history of various foods.

"What we're doing is to spotlight the food that comes from Toronto's diaspora," said the site's founder, Eden Hagos, who feels cuisine from Black cultures is often left out of the discussion about the city's food scene.

"A lot of times people think it's just food to put into a box and take out. That's not entirely true," she said. "Our food is awesome and it's worth going out for it, it's worth dressing up for it and it's worth interviewing a chef behind it," she said.

The platform has about 40 writers from all over the world, sharing recipes and contributing articles about what they're cooking.

The group also hosts local food events, allowing foodies to experience cuisine from different cultures.

Cuisine is one way immigrants and the diaspora can maintain a connection with their roots, Hagos said, and she hopes the blog can help Black people rediscover — or simply rejoice in — their traditional dishes.

"Our food is not strange," she said. "It's just a matter of experimenting with it and helping people find where it is."

Black Foodie founder Eden Hagos shows off some African and Caribbean delicacies. Her online blog is a celebration of Black culture and cuisine. LIZ BEDDALL/METRO

A friendly battle is brewing between Trinidadian doubles and Jamaican patties this weekend, as part of an event organized by Black Foodie. LIZ BEDDALL/METRO

> "What we're doing is to spotlight the food that comes from Toronto's diaspora. Eden Hagos

FOUR UPCOMING FOODIE EVENTS:

Patties vs. Doubles: Black Foodie is hosting a friendly face-off between Jamaican patties and Trinidadian doubles at Simone's Caribbean Restaurant (596 Danforth Ave.) Sunday, starting at 2 p.m. An online poll and live vote will determine which street food staple is preferred by patrons.

Keep on truckin': The Toronto Food Truck Festival is taking over Woodbine Park all weekend. The event features food, cold beer, live music and feats of food-related prowess. Things get underway starting at 5 p.m. Friday.

Stick to your ribs: Now in its 15th season, Scarborough Rib Fest is returning to Thompson Memorial Park this weekend, running Friday up to Monday from 11 a.m. to 11 p.m.

Be a jerk: The Grace Jerk Food Festival takes place at Centennial Park in Etobicoke Aug. 5 to 7. It's a celebration of jerk cuisine, featuring everything from jerk frog legs, to jerk kangaroo and even jerk shark. There will also be plenty of Caribbean culture and music on display to help you cope with all of the spicy food you'll consume.

5 MORE THINGS to do over the long weekend

May Warren
Metro | Toronto

Whether you call it Simcoe Day or just plain old Civic Holiday, the long weekend is upon us. From dance music festivals to, well, just dance, here are five ways to spend the extra day of summer.

1 Caribbean Carnival (Saturday)

The grand parade kicks off at 10 a.m. Saturday, offering a fittingly colourful end to the month-long Caribana festival. Masqueraders will make their way from Exhibition Place along Lake Shore Boulevard, dancing to the sound of steel bands while excited onlookers cheer them on.

2 Alohafest Toronto (Saturday)

Get ready to do your best hula dance. This free event showcasing Polynesian culture takes place at Mel Lastman Square in North York from 11 a.m. to 7 p.m. It will include music, food crafts and performances by local hula schools.

3 TD Irie Music Festival (Saturday and Sunday)

Another musical offering, this event runs from 1 p.m. to 11 p.m. Saturday and Sunday at Nathan Phillips Square. It's free, wheelchair accessible and includes a headlining performance by Rastafarian musician Bushman.

4 Dusk Dances (starts Monday)

Starting on the holiday Monday and going until Aug. 7, you can find outdoor dance performances each evening at sunset at Riverdale's Withrow Park. Each choreographed performance is about 10 minutes long.

5 Electric Island

Tickets are still available (about $50) for this licensed concert event on Hanlon's Point on Monday. It's part of a series of concerts held on holidays throughout the summer on the Toronto islands. This year's headliner is German DJ Paul Kalkbrenner.

'Egregious breach of trust': Justice

KILLING OF SAMMY YATIM

Forcillo gets six years for second round of shots fired

Const. James Forcillo will spend the night in jail following his sentencing Thursday to six years in prison for shooting 18-year-old Sammy Yatim on a streetcar in July 2013.

Lawyers for Forcillo sought bail for their client in a Toronto court later that afternoon, but Justice Eileen Gillese put off her decision until 9 a.m. Friday. The decision will be released to counsel by email and then posted on the court website.

Following his sentencing by Justice Edward Then, Forcillo was handcuffed by a court officer, ordered to give a DNA sample and then taken into custody.

Then called Forcillo's actions "unreasonable, unnecessary and excessive" when he fired a second volley of shots at Yatim after fatally injuring him seconds earlier as Yatim stood alone in a Dundas streetcar.

He also concluded Forcillo misused his firearm, and failed to follow his training by finding alternatives to use of force.

A jury convicted Forcillo of attempted murder for firing the second set of shots, but acquitted him of second-degree murder for the first volley, which an autopsy concluded actually caused Yatim's death.

While Then said there was no evidence of malice in Forcillo's actions, he called the shooting "an egregious breach of trust" by the police officer.

TORSTAR NEWS SERVICE

Const. James Forcillo is taken into custody in court on Thursday. TORSTAR NEWS SERVICE

Strong message at a critical time: Profs

Toronto police Const. James Forcillo "failed to follow his training." The shots he fired after Sammy Yatim was already on the ground were "unreasonable, unnecessary and excessive." The officer misused his firearm — despite "crystal clear" training.

With his strongly worded denunciation of the conduct that led to Forcillo's conviction for attempted murder in Yatim's death, Ontario Court Justice Edward Then sent a crystal clear message of his own in a Toronto courtroom Thursday: police officers must only use lethal force as a last resort.

It is a point that has been made ad nauseam, over decades, in countless coroner's inquests, presentations to police boards and reviews of use of force. But legal and policing experts say the comments made in Then's sentencing decision — which criticized Forcillo for incorrectly assessing the threat Yatim posed, failing to attempt to verbally de-escalate, and more — send a powerful signal.

> **It is no longer business as usual for police officers.**
> Prof. David Tanovich

"All police services in Canada are on notice that there will be real consequences in the criminal justice system for inadequate training or failing to follow training," said David Tanovich, a professor of law at the University of Windsor. "It is no longer business as usual in our criminal justice system for police officers."

The timing of Then's sentencing decision — the judge sent Forcillo to jail for six years, a ruling now being appealed by Forcillo's lawyers — also gives it power, coming at a time when public trust in policing is low, said Akwasi Owusu-Bempah, an associate professor at the University of Toronto who studies policing and criminal justice.

"It was a strong decision, and that's exactly what's needed right now," he said. "To ensure trust in the system, officers have to be held accountable."

In his lengthy decision, Then detailed the ways Forcillo failed to follow his training.

TORSTAR NEWS SERVICE

Sahar Bahadi, the mother of slain teen Sammy Yatim, outside the court on Thursday. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

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Claire McFarlane and Lavinia Tanzim want young women to know city cycling can be both safe and fun. COURTESY CHRIS VASQUEZ

Cycling in the city

Pair looking to encourage young women to ride on road

May Warren
Metro | Toronto

When Claire McFarlane first started biking in Toronto she was scared to stray from bike lanes, haunted by stories of cyclist deaths and skittish about riding next to cars.

Three years later, the 20-year-old works in a bike shop and uses her bicycle to get pretty much everywhere in the city.

Now, she wants to impart some of that confidence to other young cyclists in the city.

McFarlane and her friend, 23-year-old Lavinia Tanzim, have started the Bad Girls Bike Club, a group that offers guided rides, safety tips and bike maintenance for teens who identify as female.

"I think that there is a lot of fear surrounding cycling," she said, noting she often hears from women who would love to bike but are too nervous to hop in the saddle. "We just kind of wanted to create a community of women who can support them and show them that it's actually not that scary," she said.

McFarlane and Tanzim will be leading guided rides from Sweet Pete's bike shop every Saturday for the next six weeks followed by a brief workshop.

Tanzim hopes they can "lead by example."

"It's always nice when you see other people that look like you getting out there and doing the same thing and maybe that will help give you some confidence to also pursue that yourself."

Cycling advocate Jared Kolb said Toronto's cycling gender gap is an indicator that more bike infrastructure is needed.

He said neighbourhoods with more bike lanes tend to have higher numbers of female riders.

"I think it's clear that we need to invest in safe, protected bike lanes that form a minimum grid in the downtown core and beyond," he said.

GENDER

According to the 2009 Toronto Cycling Survey, 39% of riders who biked to work and around the city were women.

CATHY CROWE

Poverty activist and street nurse Cathy Crowe is a registered nurse and a distinguished visiting practitioner at Ryerson University's Department of Politics and Public Administration. A July 28 article about advocates pushing for the city to open cooling centres more frequently incorrectly said she is a former RN.

BEACH NEIGHBOURHOOD
A PUDDLE FIT FOR A PADDLER

Bill Buxton took advantage of the flash floods caused by Wednesday's thunderstorm to bust out his kayak, and paddle around his neighbourhood in the Beach. "I just figured if I can walk on the lake in the winter, I should be able to paddle on the street in the summer," the avid kayaker told Metro.

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T.O. 2 RIO

Our athletes at the Games

Olympic mission has new chief

COMPETITION

Job wrangling 313 athletes goes to former Olympian

Joe Callaghan
For Metro | Toronto

When his own illustrious Olympic career came to an end with another medal in 1996, Curt Harnett said it was "time to get a haircut and a real job."

Twenty years later, the golden locks still flow, held in place by a pair of sunglasses atop his head. "I tried that and I failed," he laughs. "I still think this is a good look."

Hair aside, Harnett at least has a job — one heck of a job, in fact. As Chef de Mission of the Canadian Olympic team that jets out for Rio de Janeiro this weekend, he's in charge of harnessing the hopes and dreams of 313 athletes and the country behind them.

Former Olympic cyclist Curt Harnett may have been a last-minute replacement as the Chef de Mission for Team Canada, but as the 313 athletes representing the Maple Leaf begin departing for Brazil, he's all business. "My focus is on the team," he says.
TORSTAR NEWS SERVICE FILE

> **We're willing to hold the door for you, give you the smile too. But that doesn't mean we're not willing to kick your ass.**
> Curt Harnett

"It's 313 individuals, even if they're part of a team, they're also individuals," Harnett, a former track cyclist who won three Olympic medals, tells Metro. "When you get into the team environment … you have to broaden it out. What brings us together? What connects us is our national pride, we have that Canadian spirit.

"We're always humble, giving, caring, awesome. Our athletes are always out welcoming people, talking to people. We're willing to hold the door for you, give you the smile too. But that doesn't mean we're not willing to kick your ass."

A proud son of Toronto, Harnett is leading a group that draws over 70 athletes from the GTA, almost 25 per cent of the entire national team. The Toronto contingent is spearheaded by sprint sensation Andre de Grasse from Brampton.

They range in age from 16 all the way up 56-year-old Leslie Thompson-Willie. Collectively they will compete across 22 different sports.

Harnett was also Chef de Mission of the last summer's Pan Am Games in Toronto. The huge investment in that sporting carnival has been criticized, but Harnett says its legacy is already on display ahead of the Rio games.

"I got asked the other day 'what's the runway for the velodrome? When are we going to see the impact nationally on our athletes of the investment that was made for the velodrome out in Milton?' I was able to say that impact's been immediate. The sprint team that's going to the Olympics wouldn't be as capable as they are or were without that facility being in place."

Harnett was parachuted in at the last minute in April when original Chef de Mission, Jean Luc Brassard, stepped down as the Canadian Olympic Committee dealt with the fallout of a sexual harassment scandal involving former president Marcel Aubut.

"Because of the experience I had leading Toronto, it's been a natural and seamless transition," Harnett said. "Olympianism is something that's traded in the public's trust and I think the COC recognized that.

"My focus is on the team. It's a changing of the narrative — this is what we're all about."

ABOUT THIS SERIES

T.O. 2 Rio
Every day between now and the Opening Ceremony Aug. 5, Metro will introduce you to Olympic athletes from Toronto as they step onto the road to Rio to take their shot at gold.

Youngest Canadian Olympian ready to rock Rio

Penny Oleksiak has a new normal, and it's not very normal at all.

By now, the rest of her Grade 10 classmates at Monarch Park Collegiate are in the thick of a summer free of cares.

But Oleksiak has plenty to care about.

A mere month after her 16th birthday, the girl from the Beaches will fly out to the beach capital of the world. She'll be Canada's youngest Olympian in Rio de Janeiro and the swimmer is intent on savouring the moment.

"I'm pretty envious of my friends when they just get to chill and hang out.

"I'm like 'guys, I can't go out tonight, I have to practice'. I'm glad they're all having a good time with their summer and I'm having a good time with mine," she said.

Oleksiak, competing in five events in the pool in Rio, is in the vanguard of Canada's new swimming generation. She blazed a trail through the junior ranks and smashed national records in qualifying for Brazil, but it didn't start out like this.

"I learned to swim in a neighbour's pool and I still swim in that pool every day," says Oleksiak, softly spoken but taking all this in her 6'1" stride.

"The pool's about 10 metres long, 15 metres maybe. I was just a nine-year-old girl who liked swimming. When I told my parents that I enjoyed it, my dad said 'okay, you should try doing it competitively.'"

Competition runs through Oleksiak's family. Penny's older brother, Jamie, plays for the NHL's Dallas Stars. Older sister Claire is a varsity rower.

"I always have rough days when I can call my sister or text my brother and know they are there to support me. They have been in higher level sports a lot longer than I have. It makes us closer I guess, knowing they're there to lean on," she says.

There will be more eyes than ever on the pool once the games kick off. American icon Michael Phelps, already the most decorated Olympian of all time, is coming out of retirement for one last lap. He began his own run in 2000 as a 15-year-old. Oleksiak was barely born then but all these year later, Phelps remains her inspiration.

"To kind of be in that same place (as a teenager), it makes me happy to think maybe I could be a big name in swimming like him … and do a little bit of what he has done," she said. JOE CALLAGHAN/ FOR METRO

Oleksiak came in second in the Women 200 Metre Freestyle final at the 2016 Canadian Olympic & Para Swimming Trials, qualifying her for the Rio Olympics. TORSTAR NEWS SERVICE FILE

The 16-year-old swimmer is the youngest Canadian competing in Rio.
COURTESY TEAM CANADA

THE ELDEST

While Oleksiak is busy soaking up her first games at 16, Lesley Thompson-Willie will tie the all-time record for Olympic appearances by a woman in Rio. The 56-year-old from Toronto is the iconic coxswain of the women's eight rowing team and already has five Olympic medals to her name.

Penny Oleksiak churns through the water in the Women 200 Metre Freestyle final at the 2016 Canadian Olympic & Para Swimming Trials at the Pan Am Sports Centre in Toronto.
TORSTAR NEWS SERVICE FILE

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IN BRIEF

Arrest made in 'tunnel-rat bandit' robbery cases

Toronto police announced an arrest Thursday in the case of a serial bank robber dubbed the "tunnel-rat bandit," who had been at large since early 2015.

Police said the suspect had fled to Western Canada after a string of nine bank robberies between January-October 2015 in Toronto's east end.

The Canadian Bankers Association had offered a reward of up to $10,000 for information leading to an arrest and conviction.

TORSTAR NEWS SERVICE

Antique car community mourns deaths in crash

There's been an outpouring of sympathy and support from Ontario's antique car community after the victims of Sunday's Hwy. 407 crash were identified.

David Harpley, his wife Karen and their son Chad — celebrating his 43rd birthday the day of the accident — were pronounced dead at the scene. TORSTAR NEWS SERVICE

REVITALIZATION

Minister: 'The war on science is over'

Vanessa Williams is becoming very familiar with some very special mice.

The PhD student at the University of Toronto is checking their cells to see if they possess the mutations for kidney disease, trying to see if a drug used for cancer patients may be used to treat kidney ailments.

But Williams is conducting cutting-edge science in an outdated facility.

This is about to change, thanks to an injection of $98 million in federal and provincial cash announced Thursday, which will benefit her lab and 545 others across U of T's three campuses.

Along with a $91.8 million contribution from the university, the funds will support the Lab Innovation for Toronto (LIFT) project, effectively a $189.8 million upgrade for the U of T facilities.

$189.9
Total cash injection in millions for U of T research labs

546
Number of labs to be fully renovated.

50
Average age of labs to be renovated.

SOURCE: UNIVERSITY OF TORONTO

"This is a great day, not only for U of T but also for higher education," U of T President Meric Gertler said at the announcement at the university's Medical Sciences Building.

"Investing in the scientific infrastructure of our community has never been more important, or more strategic," Gertler added.

The project is "a once-in-a-lifetime investment," said federal Minister of Innovation, Science and Economic Development Navdeep Bains as he unveiled the government's contribution.

It is part of a renewed effort on behalf of the federal government "to position Canada as a global centre for innovation," Bains said, adding "the war on science is over."

The labs to be renovated are, on average, 50 years old, said Scott Mabury, vice-president of operations at U of T. TORSTAR NEWS SERVICE

METRO SUMMER FIELD TRIP

Day at the races a sure summer bet

At Woodbine Racetrack, fast-paced drama plays out on the turf every weekend. LIZ BEDDALL METRO

It's a sizzling afternoon in Toronto and all eyes are on five thoroughbreds who carry the weight of many gamblers in their gallop. The race is one of ten that occurs four days a week at Woodbine Racetrack, a Toronto institution since 1956. Thousands of visitors weave through the stadium as jets flying low into nearby Pearson roar along with the crowd. Those feeling lucky place a wager, hoping that by the end of the day they'll find themselves galloping all the way to bank.

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Feds admit to payroll failures

PHOENIX SYSTEM

Problems for civil servants to be resolved by October

$20M
Estimated amount that dealing with the debacle could cost

The federal government could have done a better job implementing the new payroll system that's causing serious payday headaches for tens of thousands of civil servants, a senior bureaucrat admitted to a Commons committee Thursday.

But moving from the antiquated, paper-heavy pay system the government used for four decades to the electronic Phoenix system was the right call at the right time, said deputy public-services minister Marie Lemay.

"I think we could have done additional measures (to smooth the transition process)," Lemay told the House of Commons committee that oversees government operations.

"But the move to the second wave and the move to Phoenix is the right decision."

MPs on the committee grilled Lemay and other officials with questions, including one civil servants and their unions have been asking for months: Why was Phoenix rolled out when it was clear it had significant shortcomings?

There were indications of "bugs" in the Phoenix system after it was first launched on a limited basis in February following several delays and a third-party assessment, she said.

But the issues were minor, said Lemay, who took on a new role as deputy minister just as Phoenix was being fully implemented in a much larger second wave. And she would have recommended the system be given the green light at that time, she told the committee.

Still, knowing what she knows now, that second phase should have included more time for employees to be trained on the system, and the government should have retained many of the pay system employees that were let go as the new system came online, she said.

Earlier Thursday, federal officials said they expect to have resolved all of the pay delays created by the problematic new pay system by the end of October — but undoing the damage won't be cheap.

Dealing with the months-long debacle, which has caused serious payday headaches for tens of thousands of civil servants, will cost an estimated $15 to $20 million, Lemay told a news conference earlier in the day.

Some 1,100 of the more than 80,000 problem files identified last week have been closed, Lemay said. THE CANADIAN PRESS

NEW BRUNSWICK PLAGUE OF MOTHS DESCENDS UPON THE POPULACE A sudden infestation of spruce budworm moths swarmed northern New Brunswick last weekend, leaving people in Campbellton and Dalhousie with stories to tell — and a mess to clean up. Swarms landed on cars, windows and door screens and circled street lights as darkness fell, even finding their way inside homes and businesses. THE CANADIAN PRESS

1 Budworm moths in the needles of a spruce tree.
2 Budworm moths in a pile under the wheel of a vehicle in Campbellton, N.B.
3 A handful of budworm moths in the hand of a biologist.

ALL PHOTOS: EMILY OWENS, NATURAL RESOURCES CANADA/THE CANADIAN PRESS

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Efforts fail to reach Canadians in Turkey

COUP

Arrested men's status as dual citizens makes matter messy

Government efforts to reach two Turkish-Canadians arrested in connection with a failed coup in Turkey earlier this month have so far been stymied.

Davud Hanci and Ilhan Erdem were arrested and detained separately over the past week as Turkish authorities swept up thousands of people it accuses of having supported the July 15 coup attempt, which left more than 200 people dead.

Citing privacy laws, Global Affairs Canada would only say that Canadian officials in Turkey are in contact with local authorities and providing consular assistance to the men's families. A government source, however, confirmed diplomats have not been able to reach Hanci or Erdem.

Both men are dual nationals, meaning they hold both Turkish and Canadian citizenship. Hanci lives in Calgary and is an imam for both the federal and Alberta correctional services. Erdem lived in Toronto and Ottawa, where he was also an imam, before moving back to Turkey after getting his Canadian citizenship.

Consular officials often have difficulty helping Canadians with dual citizenship who are arrested in their native country. This is particularly true of countries in the Middle East such as Iran, which does not recognize dual citizenships.

Turkey does recognize dual nationalities. However, the U.S. State Department says the Turkish government does not permit Turks with two nationalities and who are arrested in Turkey to contact officials from the other country for help.

"International law on this is non-existent," said Gar Pardy, who served for years as the federal government's head of consular affairs. "All you can do is just keep pushing."

THE CANADIAN PRESS

Davud Hanci, one of two detained Canadians.
TORSTAR NEWS SERVICE

ABDIRAHMAN ABDI

Still few answers in Ottawa man's death

Joe Lofaro
Metro | Ottawa

Many unanswered questions still surround the death of Abdirahman Abdi — and one of the most glaring is what exactly happened before, during and immediately after his violent arrest by Ottawa police.

Records provided by the city and eyewitness videos allow us to start to piece together some semblance of a timeline of the events leading up to the tragedy.

Here's what we know.

Ottawa police were called to the city's Wellington Street West around 9:30 a.m. Sunday. They chased Abdi to his apartment.

The full extent of what happened between the time the officers caught up to Abdi and the time they called paramedics — roughly 15 minutes later — is unclear. Witnesses say Abdi was struck with batons and pepper-sprayed, and Ottawa police Chief Charles Bordeleau said officers called paramedics 23 seconds after it became clear Abdi was in "medical distress."

Abdirahman Abdi
COURTESY FAMILY OF ABDIRAHMAN ABDI

City records show paramedics received the first emergency call at 9:49:19 a.m. Paramedics were dispatched at 9:50:36 a.m.

The first paramedics arrived at 9:56 a.m — five minutes and 24 seconds after the emergency call.

A paramedic called for backup because Abdi had no vital signs.

One video shows 10 minutes pass between the time paramedics arrived and the time Abdi received CPR. He is then taken to hospital and put on life support. He was pronounced dead the next day.

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GERMANY

Merkel vows to protect country but stick to asylum principles

Chancellor Angela Merkel pledged Thursday to do "everything humanly possible" to keep Germany safe following a string of attacks — including two carried out by asylum-seekers and claimed by the Daesh group that she said mocked the country that took in the assailants.

The attacks brought Merkel fresh criticism for her decision last year to welcome refugees. More than 1 million asylum-seekers were registered in Germany in 2015, although the influx has since slowed dramatically.

Merkel said at a news conference that Germany will "stick to our principles" and give shelter to those who deserve it.

"We will manage this," she said, repeating a mantra she coined last August.

Merkel called for a better "early warning system" against signs of radicalization, faster progress on plans to create a centre to help crack encrypted messages and better international intelligence co-operation, among other measures. But she said it's too early to say in detail what more may be required beyond the tightening of asylum and security laws already undertaken in recent months.

"Wherever there are gaps, we will have to act — just as we have so far — so that it is clear that we are doing everything humanly possible to ensure security in our free, democratic state of law," Merkel said.

German Chancellor Angela Merkel has interrupted her holiday to hold a press conference on domestic and foreign policy following a spate of attacks. JOHN MACDOUGALL/AFP/GETTY IMAGES

> **Wherever there are gaps, we will have to act.**
> Chancellor Angela Merkel

Two of the attacks in a week-long period starting July 18 — an axe rampage near Wuerzburg that wounded five and a suicide bombing that injured 15 outside a bar in Ansbach — were the first in Germany to be claimed by Daesh. Both of the attackers, asylum-seekers who arrived over the past two years, were killed.

In two other attacks — a shooting by a German-Iranian 18-year-old in Munich that claimed 10 lives, including the attacker's, and the stabbing of a woman by a Syrian asylum-seeker at a restaurant in Reutlingen — the motive is still unclear, but Islamic extremism is not suspected.

THE ASSOCIATED PRESS

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Hillary in the spotlight

U.S. ELECTION

Clinton begins historic White House bid in Philadelphia

It's Hillary Clinton's turn.

After three days of Democratic stars, including a pair of presidents, asserting she is ready for the White House, Clinton must make that case for herself on her nominating convention's final night.

The first woman to lead a major U.S. political party toward the White House, Clinton was expected to be greeted Thursday by a crowd of cheering delegates eager to see history made in the November election. But her real audience was millions of voters who may welcome her experience but question her character.

For Clinton, the stakes are enormous.

She's locked in a tight general election contest with Republican Donald Trump, an unconventional candidate and political novice. Even as Clinton and her validators argue Trump is unqualified for the Oval Office, they recognize the businessman has a visceral connection with some voters in a way the Democratic nominee does not.

Campaigning in Iowa Thursday, Trump said there were "a lot of lies being told" at Clinton's convention. In an earlier statement, he accused Democrats of living in a "fantasy world," ignoring economic and security troubles as well as Clinton's controversial email use at the State Department.

The FBI's investigation into Clinton's use of a private internet server didn't result in criminal charges, but it did appear to deepen voters' concerns with her honesty and trustworthiness. A separate pre-convention controversy over hacked Democratic Party emails showing favouritism for Clinton in the primary threatens to deepen the perception that Clinton prefers to play by her own rules.

Former Oklahoma Sen. Fred Harris said it was important for his party's nominee to showcase the "original Hillary Clinton, before she became so guarded" when she takes the convention stage.

Delegates cheer on the fourth day of the Democratic National Convention at the Wells Fargo Center on Thursday in Philadelphia. CHIP SOMODEVILLA/GETTY IMAGES

A parade of speakers at the Philadelphia convention vigorously tried to do just that on Clinton's behalf. First lady Michelle Obama, former President Bill Clinton and Vice-President Joe Biden each cast Clinton as champion for the disadvantaged and a fighter who has withstood decades of Republican attacks. Advocates and other Americans who have met Clinton throughout her career spoke of their quiet moments with one of the world's most famous women.

The Clintons' daughter, Chelsea, was expected to introduce her Thursday night, painting a personal picture of her mother.

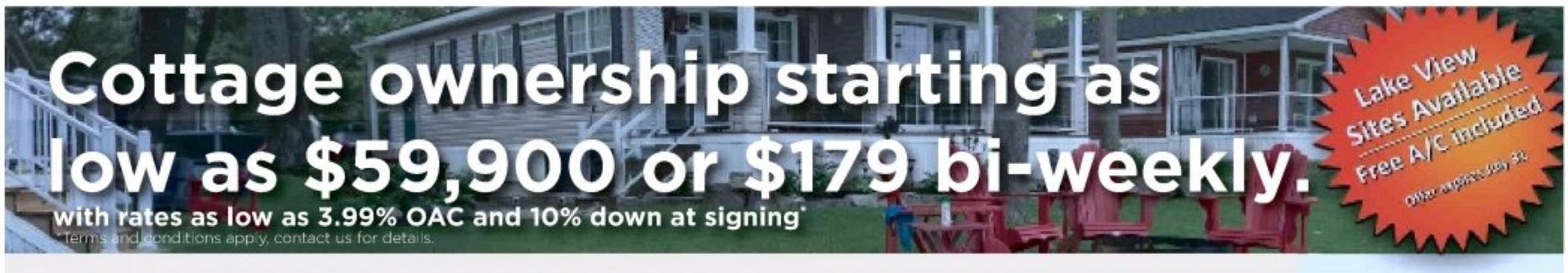
The week's most powerful validation came Wednesday night from President Barack Obama, her victorious primary rival in 2008. Obama declared Clinton not only can defeat Trump's "deeply pessimistic vision" but also realize the "promise of this great nation."

Seeking to offset possible weariness of a politician who has been in the spotlight for decades, he said of Clinton: "She's been there for us, even if we haven't always noticed."

Clinton appeared unannounced on the platform as Obama's closed his remarks to soak up the midnight roar of cheering Democrats. She pointed at the man who denied her the White House eight years ago, smiled wide and gave him a hug.

A studious wonk who prefers policy discussions to soaring oratory, Clinton has acknowledged she struggles with the flourishes that seem to come naturally to Obama and her husband. She'll lean heavily on her "stronger together" campaign theme, invoking her 1996 book "It Takes a Village," her campaign said.

Indeed, the Democratic convention has been a visual ode those mantras: The first African-American president symbolically seeking to hand the weightiest baton in the free world to a woman. A parade of speakers — gay and straight, young and old, white, black and Hispanic — cast Trump as out-of-touch with a diverse and fast-changing nation. THE ASSOCIATED PRESS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IN BRIEF

Pair of military leaders dodge purge in Turkey

Turkey's top military commander, who was held hostage during an attempted coup, kept his post Thursday, while the general who served as acting chief of staff was promoted following a purge in the military.

The decisions came after Turkey discharged nearly 1,700 officers, including 149 generals and admirals, suspected of involvement in the attempted coup. THE ASSOCIATED PRESS

Islamic extremists ambush humanitarian convoy

Boko Haram Islamic extremists ambushed a humanitarian convoy escorted by troops in northeast Nigeria on Thursday, wounding three civilians, including a UN worker, and two soldiers, the army and UNICEF said.

The attack comes as aid agencies are warning that children are dying of starvation daily among more than 500,000 people in need of urgent help in recently liberated but hard-to-reach areas. THE ASSOCIATED PRESS

FRANCE

Second attacker on church identified

French officials on Thursday identified the second man who attacked a Normandy church during morning Mass, saying he's a 19-year-old from eastern France who was spotted last month in Turkey as he supposedly headed to Syria — but who returned to France instead.

The prosecutor's office identified him as Abdel-Malik Nabil Petitjean following DNA tests on his corpse. A security official confirmed that he was the unidentified man pictured on a photo distributed to French police on July 22 with a warning that he could be planning an attack.

Four days later, Petitjean and another 19-year-old local man, Adel Kermiche, stormed the church in Saint-Etienne-du-Rouvray during Mass on Tuesday. They held five people hostage before fatally slashing a priest's throat and seriously wounding the other man. The attackers were killed by police as they left the church.

A security official said Turkey spotted Petitjean at a Turkish airport going to Syria on June 10, and that on June 29 he was flagged to French authorities and immediately put on a special watch list.

Although it's not clear what caused Petitjean to turn around, in recent months Daesh propaganda has encouraged Western recruits not to join extremists in the war zones in Syria or Iraq but to remain home and carry out attacks. THE ASSOCIATED PRESS

Religious and organizational leaders attend a tribute to the slain priest. CHARLY TRIBALLEAU/AFP/GETTY IMAGES

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SCIENCE SAYS Weekend, July 29-August 1 , 2016

SO MUCH FOR PALEO Cancer's not a disease of modernity. Bone tumours have turned up in two-million-year-old hominids..

DECODED by Genna Buck

THE ONE DOWNSIDE OF SUMMER

Brain freeze. Also known as ice cream headache. Also known as **sphenopalatine ganglioneuralgia** — or the holy-heck-that-hurts nerve pain you get from slurping cold or frozen treats too fast. What's really going on in your head?

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To warm them up, the **brain sends blood rushing to them.**
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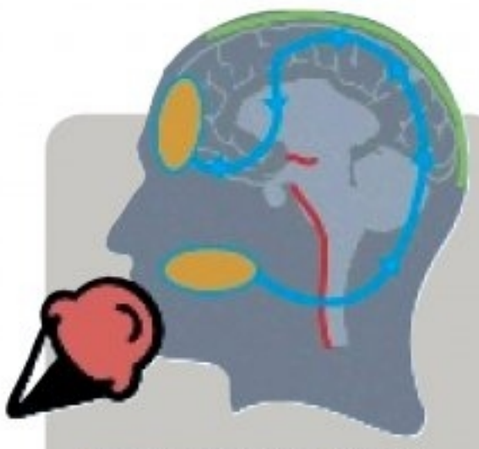
The pain signal travels through the **trigeminal nerve**
Cold ice cream touches the **roof of the mouth**
The **trigeminal nerve** is in charge of all the sensation of the face. That's why you feel pain in your forehead and temples, **instead of your throat**



A complex system of nerves, membranes and blood vessels kicks into gear when you lick an ice cream too fast.

Two major blood vessels that supply the brain, the **internal carotid artery** and the **anterior cerebral artery**, meet right around where the ice cream hits.

Pain receptors are located in the **meninges**, the membranes that surround the brain

The **trigeminal nerve** carries the pain signal to your face.

GRAPHICS: ANDRÉS PLANA/METRO

CITIZEN SCIENTIST by Genna Buck

Can the weather really give me a headache?

I had a horrible migraine during a thunderstorm. Is it true weather change can trigger a headache?— Don, Edmonton

Migraine sufferers sure believe that. On surveys, up to 70 per cent say their headaches are affected by weather changes.

Research suggests there's something to that, but there's reason for skepticism. A 2010 textbook on clinical neurology cautions: "Taken together, virtually all aspects of life have been suspected to trigger migraines ... but scientific evidence for many of these triggers is poor."

Studies that compare headache patterns with actual meteorological data, instead of just self-reports, produced mixed results. Several found no relationship between weather changes and headaches.

A few, however, have been more convincing. A 2015 Japanese study compared migraine suffers with people with common tension headaches during the time a cyclone (a significant change in atmospheric pressure) swept in. More than 70 per cent of migraine patients, but only 21 per cent of others, reported migraine attacks.

A study of 7,054 migraine patients visiting a Boston emergency room between 2000 and 2007 found a temperature increase of 5 C in the 24 hours before the ER visit increased risk of migraine by 7.5 per cent.

Though the evidence isn't as robust as it could be, I'm more inclined to believe in weather over other proposed migraine triggers (like wifi and magnetic fields), because there's a plausible mechanism behind it.

It's believed when air pressure increases or decreases during weather changes, blood vessels in the brain compress or expand. This irritates nearby nerves, causing throbbing pain and symptoms like nausea and sensitivity to light. Ouch. That's all too believable to people who suffer from migraines.

Science Question? Tweet @genna_buck

FINDINGS
Your week in science

ILLUSTRATION BY UKO GORTER

WHALE OF A DISCOVERY
A legend has come to life in the North Pacific after remains of a small, dark beaked whale washed up on an Alaska beach in 2014. Known to Japanese fishermen as karasu (the raven) since the 1940s, this whale is indeed a separate species. This has been confirmed following DNA analysis of the remains — a big addition to the club of mammals known to science.

BRIGHT FUTURE
A ray of hope in the fight against climate change: University of Illinois researchers have invented a solar cell that converts greenhouse gases from the air into fuel — using only the sun's energy.

SOUND SMART

PSYCHO SOMATIC

DEFINITION
Psychosomatic symptoms are caused or aggravated by emotional and psychological factors. The pain is real, but the source is the brain, not the part of the body that hurts.

USE IT IN A SENTENCE
Sharon has been getting headaches every day, and she's convinced they have something to do with the new electrical wires near her house. Her doctor thinks the cause is **psychosomatic**.

PHILOSOPHER CAT
by Jason Logan

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How a star was Bourne

RETROSPECT

Matt Damon returns to role that cemented his career

Richard Crouse
For Metro Canada

"Right before The Bourne Identity came out I hadn't been offered a movie in a year," says Matt Damon. CONTRIBUTED

In the latest Jason Bourne movie, Matt Damon will punch, kick and spy master his way to the top of the box office charts.

His previous Bourne films, Identity, Supremacy and Ultimatum, were all hits commercially and critically.

Damon says he owes a great deal to the fictional character.

After the early success of Good Will Hunting, Saving Private Ryan and The Talented Mr. Ripley made him a star, a string of flops cooled his box office appeal.

"Right before The Bourne Identity came out," he said, "I hadn't been offered a movie in a year."

Then his career was Bourne again.

"It's incalculable how much these movies have helped my career," he told The Telegraph. "Suddenly it put me on a short list of people who could get movies made."

In the spirit of "one for them, one for me" for every film like The Martian or the new Jason Bourne, Damon has attached himself to smaller, riskier projects.

He lent his star power to The Good Shepherd, a low budget film directed by Robert De Niro. It's a spy movie without the bells and whistles we've come to expect from our favorite undercover operatives.

There are no elaborate chase scenes a la James Bond or even the great scenery of the Bourne flicks.

In fact, the only thing The Good Shepherd shares with any of those movies is Damon, who plays Edward Wilson, one of the (fictional) founders of the CIA.

Despite mixed to good reviews — USA Today gave the film three out of four stars— and winning the Silver Bear of the prestigious Berlin International Film Festival, the movie barely earned back its production costs at the box office.

Ninety per cent of director Steven Soderbergh's job on The Informant! was casting this mostly true tale of a highly paid executive-turned-whistleblower who helped uncover a price fixing policy that landed several executives (including himself) in jail.

It's a tricky balancing act to find an actor who can keep the audience on-board through a tale of corporate malfeasance and personal greed, who can be likeable but is actually a liar and a thief, but Damon is the guy.

The Informant! skewed a tad too far into art house territory to be Soderbergh's new Erin Brockovich-sized hit, but Damon's presence kept the story of accounting, paperwork and avarice interesting. Reviews were kind but A Serious Man and The Twilight Saga: New Moon buried the film on its opening weekend.

Damon teamed with John Krasinski to produce and co-write Promised Land, a David and Goliath story that relied on the charm and likability of its cast to sell the idea that fracking is bad and the corporations who dupe cash-strapped farmers into leasing their land are evil.

It's hard to make talk of water table pollution dramatic but Promised Land makes an attempt by giving much of the heavy lifting to Damon.

Done in by middling reviews and "sobering" box office receipts, this earnest and well-meaning movie might have been better served in documentary form.

With an Oscar on his shelf and more than 70 films on his resume Damon is philosophical about the kinds of films he chooses to make, big or small.

"If people go to those movies, then yes, that's true, big-time success," he says.

"If not, it's much ado about nothing."

MOVIE RATINGS by Richard Crouse

Jason Bourne	★★★
Bad Moms	★★★
Café Society	★★★★
Nerve	★★★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

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MOVIE LISTINGS

DOWNTOWN

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Central Intelligence Fri-Thu 2:20-4:55-7:30-10:05 **Jason Bourne** Fri 12:50-3-3:45-6-6:45-9-9:45 Sat-Sun 12:45-3-3:45-6-6:45-9-9:45 Mon-Tue 12:55-3-3:45-6-6:45-9-9:45 Wed 1:10-2:30-3:30-4:10-5:45-6:30-7:20-8:45-10:10 Thu 1:30-3-4:30-6-7:20-7:50-9-10:20-10:50 Fri-Tue 1:30-4:30-7:30-10:30 Wed 12:45-10:40 Thu 12:45-3:35 **The Legend of Tarzan** Fri-Tue 5 Wed 4 Thu 5 **The Legend of Tarzan** 3D Fri-Tue 2:30-7:35-10:10 Wed 12:45-6:45-9:20 Thu 2:30-7:35-10:10 **Mike and Dave Need Wedding Dates** Fri 1-3:25-5:50-8:15-10:40 Sat 1-3:25-5:50-8:20-10:40 Sun-Tue 1-3:25-5:50-8:15-10:40 Wed 12:55-3:20-5:45-8:15-10:40 Thu 1-3:25-5:50-8:20-10:45 **Nerve** Fri 12:50-3:15-5:40-8:05-10:30 Sat-Sun 12:45-3:10-5:35-8:05-10:30 Mon 12:50-3:10-5:35-8:05-10:30 Tue 12:50-3:15-5:40-8:05-10:30 Wed 12:45-3:15-5:40-8:05-10:30 Thu 1:20-3:45-6:10-8:35-11 **Now You See Me 2** Fri-Tue 1-3:55-6:55-9:50 Wed 1:20-4:15-7:15-10:10 Thu 12:50-3:45-6:30-9:30 **The Purge: Election Year** Fri-Tue 1:45-4:20-7-9:45 Wed 1-9:20 Thu 1:45-4:20 **Star Trek Beyond** Fri 3:15 Sat-Sun 3:20 Mon-Tue 3:15 Wed 4:45 Thu 4:30 Fri-Tue 1:45-4:45-7:45-10:40 Wed 1:30-4:20-7:30-10:20 Thu 1:45-4:45-7:45-10:45; 3D Fri 2:30-5:35-6:20-8:30-9:20 Sat 12:30-2:30-5:35-6:20-8:30-9:20 Sun 12:30-2:30-5:35-6:20-8:30-9:15 Mon 2:30-5:35-6:20-8:30-9:20 Tue 2:30-5:35-6:20-8:30-9:15 Wed 1:45-2:30-5:35-7:45-8:30-10:40 Thu 2:30-5:35-7:15-8:30-10:15; An IMAX 3D Experience Fri-Tue 1:05-4:05-7:05-10 Wed 1:3:50-7-9:50 Thu 1:05-4:05 **Suicide Squad** 3D Thu 7-10:20; An IMAX 3D Experience Thu 8-11 **X-Men: Apocalypse** Fri 4-10:35 Sat-Sun 3:45-10:20 Mon-Tue 3:55-10:20 Wed 10:30 Thu 12:45-3:55-10:15; 3D Fri 12:50-7:20 Sat-Sun 12:30-7:05 Mon-Tue 12:50-7:05 Wed 12:45 Thu 7:05

Market Square
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The Angry Birds Movie Fri-Thu 1-3:45 **Bambukat** Fri-Sat 9 Sun 6-9 Mon 6 **The BFG** Fri-Thu 1:10-3:45-6:40-9:15 **Captain America: Civil War** Fri-Thu 3:10-8:45 **Independence Day: Resurgence** Fri-Thu 12:45-3:30-6:45-9:15 **The Jungle Book** Fri-Thu 12:45-6:30 **Me Before You** Fri-Wed 1:20-3:55-7-9:25 Thu 3:55-7-9:25 **The Nice Guys** Fri-Sat 6:45 Mon-Thu 6:45-9:20 **Now You See Me 2** Fri-Thu 12:50-3:45-6:30-9:10 **The Purge: Election Year** Fri-Thu 3:25-9:20 **The Shallows** Fri-Wed 1:10-7:15

Varsity
55 Bloor St. W., 416-961-6304

Absolutely Fabulous: The Movie Fri 12-2:20-4:45-7:10-9:40 Sat-Sun 10:30-12:45-3:05-5:30-8-10:20 Mon 12:35-2:55-5:15-7:35-10 Tue 12-2:20-4:45-7:10-9:40 Wed-Thu 12:35-2:55-5:15-7:35-10 Fri 12:45-2:55-5:25-7:50-10:20 Sat-Sun 12-2:25-4:50-7:20-9:55 Mon 1:10-3:55-7-9:40 Tue 12:45-2:55-5:25-7:50-10:20 Wed-Thu 1:10-3:55-7-9:40 **Bad Moms** Fri 12:15-2:45-5:15-7:45-10:20 Sat-Sun 11-1:35-4:25-7:10-9:45 Mon 1:35-4:30-7:20-9:55 Tue 12:15-2:45-5:15-7:45-10:20 Wed 1:35-4:30-7:20-9:55 Thu 1:35-4:10-6:45-9:25 **Café Society** Fri 12:10-12:50-2:40-3:35-5:10-6:30-7:40-9:25-10:10 Sat-Sun 10:30-12:10-12:50-2:40-3:30-5:10-6:30-7:40-9:20-10:15 Mon 12:40-2:10-3:20-4:40-6:30-7:10-9-9:40 Tue 12:10-12:50-2:40-3:35-5:10-6:30-7:40-9:25-10:10 Wed 12:40-2:10-3:20-4:40-6:30-7:10-9-9:40 Thu 12:40-2:10-3:20-4:40-6:30-7:10-9-9:35 Fri 12-2:30-5-7:25-10 Sat-Sun 12:40-3-5:25-7:50-10:20 Mon 1:30-4:15-7:25-10 Tue 12-2:30-5-7:25-10 Wed-Thu 1:30-4:15-7:25-10 **Captain Fantastic** Fri 12:30-3:30-6:25-9:20 Sat-Sun 10:30-1:10-4-6:50-9:40 Mon-Thu 12:30-3:30-6:25-9:20 **Jason Bourne** Fri 1-4-7-10 Sat-Sun 10:30-1:15-4:05-7-10 Mon-Wed 1-4-7-10 Thu 1-4-7-9:55 Fri 1-3:50-6:40-9:35 Sat-Sun 1-3:50-6:40-9:30 Mon 12:50-3:40-6:30-9:20 Tue 1-3:50-6:40-9:35 Wed-Thu 12:50-3:40-6:30-9:20 **Our Kind of Traitor** Fri 12:40-3:45-6:50-9:50 Sat-Sun 10:30-1-3:45-6:40-9:30 Mon 1:20-3:55-6:40-9:30 Tue 12:40-3:45-6:50-9:50 Wed 12:30-3:10-9:45 Thu 1:20-3:55 **Star Trek Beyond** Fri-Sun 4:20 Mon 3:40 Tue 4:20 Wed-Thu 3:40; 3D Fri 1:20-7:20-10:15 Sat-Sun 10:40-1:25-7:20-10:15 Mon 12:45-6:50-9:50 Tue 1:20-7:20-10:15 Wed 12:45-6:50-9:50 Thu 12:45-6:40-9:45 Fri-Sun 12:20-3:20-6:10-9 Mon 12:30-3:15-6-9 Tue 12:20-3:20-6:10-9 Wed-Thu 12:30-3:15-6-9 **Suicide Squad** 3D Thu 7-10

Yonge & Dundas 24
10 Dundas St East, 416-977-2642

Absolutely Fabulous: The Movie Fri 1-3:20-5:50-8:10-10:30 Sat 10:30-1-3:20-5:50-8:10-10:30 Sun-Thu 1-3:20-5:50-8:10-10:30 **Bad Moms** Fri 12-1:55-2:40-4:25-5:10-7:10-7:40-9:40-10:20 Sat 11:30-1:55-2:40-4:25-5:10-7:10-7:40-9:40-10:20 Sun-Wed 12-1:55-2:40-4:25-5:10-7:10-7:40-9:40-10:20 Thu 12-2:40-4:25-5:10-7:10-7:40-9:40-10:20 Fri-Sun 12-2:45-5:30-8-11 Mon-Wed 12-2:45-5:45-8:45 Thu 12-2:40-5:40-8:40; Star & Strollers Screening Thu 2 **Batman: The Killing Joke** Fri 7 Sat 3:30 Sun 9:30 Mon 3:30 Tue 12:30-9:30 Thu 9:30 Cold War 2 Fri-Tue 12:40-3:30-6:30-9:20 Wed 12:40-9:20 Thu 12:40-3:30-9:20 **The Conjuring 2** Fri-Tue 12:40-3:55-7:20-10:30 Wed 12:40-10:30 Thu 12:40-3:55-7:20-10:30 **Dishoom** Fri-Tue 12:45-3:45-6:45-9:50 Wed 12:45-3:45-6:45-10:30 Thu 12:45-3:45-6:45-9:50 **Exhibition on Screen: Painting the Modern Garden: Monet to Matisse** Tue 3 Thu 3 **Exhibition on Screen: Renoir: Revered and Reviled** Thu 12:30 **Exhibition on Screen: Vincent van Gogh -- A New Way of Seeing** Mon 7 **Exhibition on Screen: The Impressionists** Wed 7:30 **Finding Dory** Fri-Thu 12:35-3:50; 3D Fri 1:30-4:30-7:15-10:25 Sat 10:55-1:30-4:30-7:15-10:25 Sun-Thu 1:30-4:30-7:15-10:25 **For a Few Bullets** Fri-Thu 6:50-9:40 **Ghostbusters** Fri-Tue 12:25-3:30 Wed-Thu 12:30-3:30; 3D Fri-Thu 6:20-9:15 Fri-Wed 1-4-6:45-9:45 Thu 12:30-3:30-6:30-9:30; An IMAX 3D Experience Fri 1:50-5-8-10:45 Sat 11:10-1:50-5-8-10:45 Sun-Tue 1:50-5-8-10:45 Wed 1:35-4:45-7:45-10:30 Thu 1-3:50 **Ice Age: Collision Course** Fri-Tue 12:20-2:55-5:20-7:45-10:20 Wed-Thu 12:15-2:55-5:20-7:45-10:20; 3D Fri 1:40-4:20-6:40-9:20 Sat 11-1:40-4:20-6:40-9:20 Sun-Thu 1:40-4:20-6:40-9:20 **Jason Bourne** Fri-Wed 12:30-3:45-7-10:15 Thu 1:30-4:30-7:30-10:30 **Jurassic Park** Fri-Sat 9:30 Tue 6:30 Wed 10 **League of Gods** 3D Fri 2-4:50-7:50-10:35 Sat 11:20-2-4:50-7:50-10:35 Sun-Tue 2-4:50-7:50-10:35 Wed 4:10-7:05 Thu 2-4:50-7:50-10:30 Wed 2-10:30 **Life, Animated** Mon 12:30-9:30 Wed 4 Thu 6:30 **Lights Out** Fri-Thu 12:50-3-5:10-7:30-9:55 **The Music of Strangers: Yo-Yo Ma & the Silk Road Ensemble** Fri 3:30 Sat-Sun 12:30-6:30 **Nine Lives** Thu 6:30 **NT Live: The Audience 2016 Encore** Fri 12 Sun 3 Wed 12:30 **The Secret Life of Pets** Fri 1:20-3:40-6-8:20-10:45 Sat 10:50-1:20-3:40-6-8:20-10:45 Sun-Tue 1:20-3:40-6-8:20-10:45 Wed 1-3:20-5:40-8-10:25 Thu 12:55-3:15-5:35-7:55-10:20; 3D Fri-Wed 12-2:20-4:40-7-9:30 Thu 2:20-4:40-7-9:30 **Star Trek Beyond** Fri-Wed 12-3:15-6:15-9:15 Thu 12-3; 3D Fri-Wed 1:30-4:30-7:30-10:35 Thu 1-4-6-9 **Suicide Squad** 3D Thu 7-10; An IMAX 3D Experience Thu 7-10 **Train to Busan** Fri-Tue 12:55-4:10-7:05-10 Wed 12:55-3:30-6:30-10 Thu 12:55-4:10-7:05-10

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Bad Moms Fri-Thu 12:20-2:45-5:10-7:40-10:10 Fri-Mon 1-4-7:15-10:30 Tue-Thu 4-7:15-10:30 **Ghostbusters** Fri 5:15 Sat 5:05 Sun-Thu 5:15; 3D Fri 12:05-2:40-7:55-10:30 Sat 11:40-2:20-7:55-10:30 Sun-Thu 12:05-2:40-7:55-10:30 **Ice Age: Collision Course** Fri 12-2:25-4:40 Sat 11:30-2-4:25 Sun-Tue 12-2:25-4:40 Wed 2:25-4:40 Thu 12-2:25-4:40; Star & Strollers Screening Wed 12; 3D Fri-Thu 12:30-2:55-5:20-7:50-10:15 **Jason Bourne** Fri-Mon 12:30-3:30-6:45-10 Tue-Thu 3:30-6:45-10 Fri-Wed 1:30-4:30-7:30-10:30 Thu 7:10-9:45 Thu 1:30-4:30 **Lights Out** Fri 1:05-3:20-5:30-7:45-10 Sat 11:05-1:05-3:20-5:30-7:45-10 Sun-Thu 1:05-3:20-5:30-7:45-10 **Mike and Dave Need Wedding Dates** Fri-Wed 7:10-9:45 **Nerve** Fri-Thu 12:45-3:10-5:35-8-10:25 **The Secret Life of Pets** Fri-Thu 4:50; 3D Fri-Thu 12:15-2:30-7:15-9:35 **Star Trek Beyond** Fri-Thu 1:15-4:20; 3D Fri-Thu 7:20-10:20 Fri-Mon 12-3-6:15-9:30 Tue-Wed 3-6:15-9:30 Thu 3 **Suicide Squad** 3D Thu 7-10:05 Thu 7:30-10:35 **Willy Wonka and the Chocolate Factory** Sat 11

NORTH YORK

Empress Walk
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Absolutely Fabulous: The Movie Fri-Sun 7-9:45 Mon 6:50-9:35 Tue 7-9:45 Wed-Thu 6:50-9:35 **Bad Moms** Fri 2-5-7:50-10:30 Sat 12:25-3-5:25-8-10:30 Sun 1:50-5-7:30-10:10 Mon 1:55-4:45-7:40-10:20 Tue 12:25-3-5:25-8-10:30 Wed 2:10-4:45-7:30-10:05 Thu 2-4:45-7:40-10:20 **Café Society** Fri 2:10-4:50-7:25-10 Sat 12:20-2:50-5:15-7:50-10:20 Sun 2:10-4:50-7:25-10 Mon 1:45-4:30-7:15-9:50 Tue 12:20-2:45-5:15-7:50-10:15 Wed 2-4:30-7:15-9:50 Thu 1:50-4:30-7:15-9:50 **Finding Dory** Fri 1:40-4:20 Sat 1:25-4:25 Sun 1:55-4:30 Mon 1:10-4:10 Tue 1:25-4:25 Wed 1:40-4:10 Thu 1:20-4:10 **Ghostbusters** Fri 1:10-4-7:10-10:10 Sat 12:50-3:40-6:40-9:50 Sun 1:10-3:55-7:10-10:05 Mon 12:40-3:50-7-10 Tue 12:50-3:40-6:40-9:50 Wed 1-3:50-7-9:45 Thu 1:30-4:15-7-10 **Ice Age: Collision Course** Fri 1-3:50 Sat 12:40-3:20 Sun 1-3:45 Mon 12:50-3:40 Tue 12:40-3:20 Wed 1:10-3:40 Thu 1-3:30; 3D Fri 1:50-4:40-7:40-10:20 Sat 12:10-2:40-5:05-7:40-10:05 Sun 2-4:40-7:40-10:20 Mon 1:35-4:20-7:30-10:10 Tue 12:10-2:40-5:10-7:40-10:20 Wed 1:50-4:20-7:30-10:10 Thu 1:40-4:20-7:30-10:10 **Jason Bourne** Fri 1:15-4:15-7:15-10:15 Sat 1:15-4:15-7:20-10:15 Sun 1:20-4:15-7:15-10:15 Mon 1:15-4:15-7:15-10:15 Tue 1:15-4:15-7:20-10:15 Wed 1:15-4:15-7:15-10:15 Thu 1:10-4:15-7:15-10:15 **The Secret Life of Pets** Fri 4:10 Sat 4:45 Sun 4:05 Mon 4 Tue 4:45 Wed-Thu 4; 3D Fri 1:20-6:50-9:50 Sat 12-2:20-7:10-9:40 Sun 1:40-6:50-9:50 Mon 1-6:40-9:40 Tue 12-2:20-7:10-9:40 Wed 1:30-6:40-9:40 Thu 1:20-6:40-9:40 **Star Trek Beyond** 3D Fri-Sun 6:30-9:30 Mon 6:20-9:20 Tue 6:30-9:30 Wed-Thu 6:20-9:20; An IMAX 3D Experience Fri 1:30-4:30-7:30-10:30 Sat 1:35-4:35-7:30-10:30 Sun 1:30-4:25-7:20-10:20 Mon 1:20-4:25-7:20-10:20 Tue 1:35-4:35-7:30-10:30 Wed 1:20-4:25-7:20-10:15 Thu 12:50-3:45 **Suicide Squad**: An IMAX 3D Experience Thu 7-10:15 **Train to Busan** Fri 12:50-3:40-6:40-9:40 Sat 12:30-3:30-6:50-10 Sun 12:50-3:40-6:40-9:40 Mon 12:30-3:30-6:30-9:30 Tue 12:30-3:30-6:50-10 Wed 1-3:45-6:30-9:30 Thu 12:50-3:40-6:30-9:30

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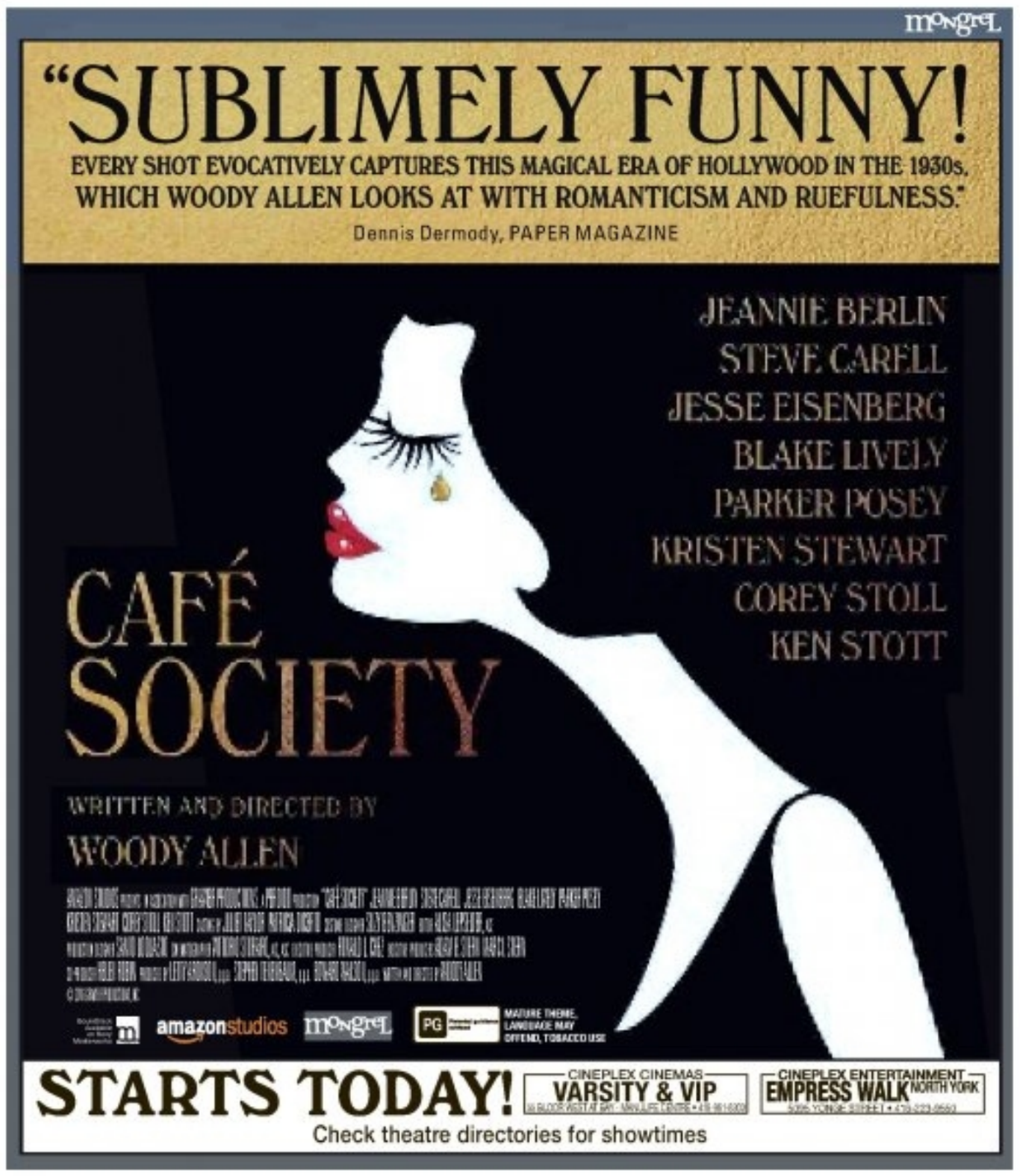
Bad Moms Fri-Thu 12:10-2:45-5:15-7:50-10:20 **Finding Dory** Fri-Wed 12:45-3:45 Thu 1:30-4:30 **Ghostbusters** Fri-Thu 12:30-3:30; 3D Fri-Thu 6:30-9:20 **Ice Age: Collision Course** Fri-Thu 1:15-3:45; 3D Fri 1:45-4:15-7-9:30 Sat 11:15-1:45-4:15-7-9:30 Sun-Wed 1:45-4:15-7-9:30 Thu 1:45-4:15-6:40-9:10 **Jason Bourne** Fri-Wed 1:30-4:30-7:30-10:30 Thu 6:50-9:50 Thu 12:45-3:45 **The Legend of Tarzan** Fri-Wed 6:50-9:50 Thu 7:30-10:30 **Lights Out** Fri-Thu 12-2:30-5-7:40-10 **Nerve** Fri-Thu 12:30-3-5:30-8-10:30 **The Secret Life of Pets** Fri-Thu 4:45; 3D Fri 12-2:20-7:10-9:40 Sat 11:45-2:15-7:10-9:40 Sun-Thu 12-2:20-7:10-9:40 **Star Trek Beyond** 3D Fri-Wed 6:40-9:40 Fri-Thu 1-4-7:20-10:10 **Suicide Squad** 3D Thu 7-10:15 **Willy Wonka and the Chocolate Factory** Sat 11

All showtimes run between Friday, July 29 and Thursday, August 4



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metro TRAVEL
Your essential daily news

A Cristiano Ronaldo-themed hotel has opened on the island of Madeira

The real Vegas

Street murals. JEFF KRAVITZ/FILMMAGIC FOR LIFE IS BEAUTIFUL

DISCOVER

Forget the Strip, this desert city is full of surprises

Nichole Jankowski
For Metro Canada

It's easy to follow the madding crowd in Las Vegas — last year, three out of every four visitors stayed on the Strip.

A privately-owned monorail shuttles passengers the 6.4 kilometres between seven major hotels and casinos, while pedestrian bridges restrict as much as they facilitate movement by requiring those on foot to walk to well-separated staircases and climb two stories just to cross Las Vegas Boulevard.

The Strip is designed so much with tourists in mind that, the story goes, when MGM built its mixed-use CityCenter it did not include a grocery store or school.

Outside of this stretch, however, there are neighbourhoods planning for community — this is the Las Vegas you'll want to take in when the buzz from your electric-guitar-sized to-go cup starts to wear off.

First up is the Downtown Container Park, an open-air entertainment and shopping centre made of repurposed shipping containers, that opened in the East Fremont neighbourhood in 2013.

Entrepreneur Tony Hsieh put $350 million into the project to renovate the municipality's true downtown. The small storefronts keep startup costs low, and short-term leases and loans are available for new businesses. Inside the compound are specialty shops like Art Box, which sells the work of local artists and crafters; Simply Pure, a vegan and raw restaurant; and SasaSweets Chill Spot, famous for its artisan popsicles.

Gentrification is spotty, but a couple blocks west a few new bars have opened, including Park on Fremont and Commonwealth, and a renovated El Cortez Cabana Suites provides affordable accommodation despite not having access to the amenities of the Strip. Abandoned buildings still dot the area, but locals are fighting back with Life is Beautiful. The music and arts festival, which runs Sept. 23-25, boasts headliners Mumford & Sons, The Lumineers and J. Cole this year. There's also a lineup of chefs and educational speakers, but it's the art that makes an impact year-round.

Internationally renowned street artists like D*Face, Borondo and Zio Ziegler are brought in to paint colourful murals on existing and shuttered businesses. These works have become a destination in themselves and the foot traffic is said to be helping reduce crime in the area.

More recently, planners for Strip properties have taken note: the newly opened outdoor corridor between the New-York New-York and Monte Carlo resorts and the T-Mobile Arena offers a safe, walkable dining and entertainment district that includes public art; its centrepiece a 40-foot-tall sculpture of a dancing woman by artist Marco Cochrane.

To get the big picture, further down the Strip a London Eye-like ferris wheel called the High Roller offers a spectacular view that tops out at 550 feet. A full revolution takes 30 minutes, so head out just before sundown if you literally want to see change on the horizon.

Bliss Dance, a 40-foot-tall piece by Marco Cochrane, in Sculpture at the Park. NICHOLE JANKOWSKI/FOR METRO

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metro SPORTS

Ex-NFLer Warren Sapp is OK but might need stitches after being bitten on the arm by a reported four-foot nurse shark while lobster fishing in Florida

Mighty Milos coasts into quarter-finals

ROGERS CUP

Raonic rips 15 aces to oust qualifier

Canadian Milos Raonic downed American qualifier Jared Donaldson 6-2, 6-3 on Thursday night in the third round of the Rogers Cup.

Raonic will play France's Gael Monfils on centre court at York University's Aviva Centre in the quarter-finals on Friday.

Monfils beat Belgium's David Goffin 7-6 (5), 2-6, 6-4, earlier in the day to advance. The Frenchman spoke about the possibility of playing the hometown favourite Raonic.

"I love to play when it's crowded, and if the crowd is for the other one, it's fine," said Monfils, adding with a smile: "I expect a very good match."

Raonic, from nearby Thornhill, established his dominance from the very first serve, hitting 235 km/h on his first shot of the game. He fired four aces to earn his first game and won the set with a slicing backhand volley at the net, pumping his fist as the crowd roared its approval.

In all, Raonic had 15 aces to Donaldson's three.

Raonic's mastery of the court was on display in the second set. He charged the net looking for a volley after a serve, but pulled his racket out of the way of Donaldson's return — to the stunned gasps of his fans — to let the ball sail just out of bounds.

Milos Raonic defeated Jared Donaldson on Thursday to set up a match against Gael Monfils.

NATHAN DENETTE/THE CANADIAN PRESS

67%

The hard-serving Raonic was good on two-thirds of his first-serve attempts.

Top-seeded Novak Djokovic was scheduled to face Radek Stempanek after Raonic's match on centre court.

Earlier in the day, second-seeded Stan Wawrinka of Switzerland downed American Jack Sock 7-6 (3), 6-2.

Sock forced a tiebreak in the first set, even taking a 3-2 lead, but Wawrinka won four consecutive points to win the set.

Wawrinka put Sock away quickly in the second set, jumping out to a 4-0 lead and then serving out to win the match. Also, Japan's Kei Nishikori topped Rajeev Ram of the United States 6-3, 6-4, South Africa's Kevin Anderson beat Australia's Bernard Tomic 6-4, 3-6, 6-4 and Bulgaria's Grigor Dimitrov defeated Croatia's Ivo Karlovic 6-3, 7-5.

Wawrinka will play Anderson in Friday's quarter-finals.

THE CANADIAN PRESS

PGA CHAMPIONSHIP

Walker on path for major breakthrough

The search for another first-time major champion in the final one of the year began Thursday with Jimmy Walker at the PGA Championship.

Walker had no problem with the stifling heat at Baltusrol, and he was thrilled to see some putts finally go in. It led to six birdies on his way to a 5-under 65 and a one-shot lead over Emiliano Grillo, Ross Fisher and Martin Kaymer.

It was Walker's best score in a major.

"I feel like all year it's just been real stale and stagnant," Walker said. "It's just ebbs and flows of golf. Just haven't been scoring ... It's frustrating. I would have loved to have had a better year than I've had so far to this point, but I know there's always time to play well at the end of the year."

If someone like Walker were to win the PGA Championship, it would be only the fifth time dating to 1934 that the four majors were swept by first-timers.

"I don't think it's a coincidence or anything," he said. "They are all good players and it was just a matter of time. So just keep that rolling."

THE ASSOCIATED PRESS

NOTABLES

Henrik Stenson	-3	67
Jason Day	-2	68
Jordan Spieth	E	70
Phil Mickelson	+1	71
Rory McIlroy	+4	74
Dustin Johnson	+7	77

FOOTBALL IN BRIEF

You might only get one, so you gotta make the best of it.

Jimmy Garoppolo on his opportunity to start the NFL season as the Patriots' starting QB with Tom Brady serving a suspension

Poor ratings force college games off of New Year's Eve

The College Football Playoff has abandoned a plan to play most of its semifinals on New Year's Eves after television ratings tumbled last year, moving the dates of future games to ensure they will be played either on a weekend or a holiday.

The changes will start with the 2018 season. Ratings for last year's semifinals played on Thursday, Dec. 31, dropped 36 per cent from the semifinals played the season before on New Year's Day. THE ASSOCIATED PRESS

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Herdman has hopes for youth boost

ROAD TO Rio
Warming up for kickoff

Canada coach looked to NFL guru to inspire latest lineup

In the wake of Canada's disappointing exit in the quarterfinals of last summer's home-soil Women's World Cup, head coach John Herdman said he needed time to think and someone to talk to.

Among his sounding boards was Pete Carroll, a guru of that other kind of football and coach of the NFL's Seattle Seahawks. A mutual friend teed up a meeting and Herdman made the drive from his Vancouver home to the Seahawks' home base.

"We talked about some things, like our failings and what led to those things, and looking ahead to the future.... He was an excellent listener and he provoked my thinking," Herdman said in a recent interview.

Herdman's main takeaway from his time with Carroll?

"Probably the biggest thing he said that stuck with me was, 'Give those rookies their shot,'" Herdman said. "Pete just gave us the courage to really thrust them in, as opposed to carefully — and too carefully — manicuring them in."

That youth will be attempting to build upon its bronze-medal performance in 2012 when Herdman's team delivered some of the top moments of the London Games.

The bar for future success was set awfully high so after failing to reach it a year ago, Herdman has made changes he insists make for a superior unit.

"The last team, I had nine months to work with them. This group, we've been working for four years to get to this point," Herdman said. "It's always hard to say, 'Is it better?' But in my mind, to be able to have four years of preparation, it's a better team."

Ashley Lawrence GETTY IMAGES

Better and younger, thanks in part to Carroll's urgings. Christine Sinclair remains the centrepiece up front and veterans are still at the core of the squad. But the injection of the likes of 21-year-olds Ashley Lawrence and Janine Beckie, 18-year-old Jessie Fleming and 17-year-old Deanne Rose makes sense for these Games and the next.

"When is the right time (for youth)? Is it now? Is it tomorrow? Is it in three years' time? I think after the World Cup we realized we needed to add more faces to the team," Herdman said. "We needed to add more craft and guile to our possession and attacking play. And these young players were showing they had that in them ... It's been a great journey. Four years of work. We're well-positioned for these Olympics."

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IN BRIEF

Russians head to Rio

A depleted Russian team departed for the Olympics in Rio de Janeiro on Thursday, missing dozens of athletes who were excluded amid the country's doping scandal.

Team members left on a charter flight from Moscow's Sheremetevo airport to Brazil, a day after an emotional farewell ceremony with Russian President Vladimir Putin in the Kremlin.

THE ASSOCIATED PRESS

Mets' Familia falters again

Mets steady closer Jeurys Familia stumbled for a second straight game, allowing two runs in the ninth inning as the Colorado Rockies beat New York 2-1 Thursday for their seventh win in eight games.

Less than 24 hours after Familia's streak of 52 consecutive regular-season saves was snapped, the right-hander entered in the top of the ninth with a 1-0 lead, and couldn't hold it.

THE ASSOCIATED PRESS

F1 will have to wait for Halo

Frontal cockpit protection will not be introduced for Formula One cars before 2018, to allow for more testing, the world governing body of motor sports said Thursday.

While drivers generally don't like the look of the "Halo" system which puts a capsule around cockpits, they appreciate the improved safety which keeps flying objects from heads and adds protection when cars overturn. THE ASSOCIATED PRESS

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RECIPE Mushroom Melt with Pears

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You can't deny the appeal of a grilled sandwich, and the addition of sweet pears only makes this oozy melt more appealing.

Ready in
Prep time: 5 minutes
Cook time: 10 minutes
Makes: 1 serving

Ingredients
- Pumpernickel Bread
- butter
- Dijon mustard (optional)
- cremini mushrooms, thinly sliced
- pears, thinly sliced
- Fontina cheese, grated

Directions

1. In a skillet, melt a pat of butter over medium heat. Toss in your sliced mushrooms and push them around until they soften up. Remove from pan and set aside. Wipe out your pan.

2. Butter the bread (and swipe the other side with a bit of Dijon for adventurous kids or adults) and place each piece in the pan, butter side down. Place a good handful of Fontina on each, then press down a couple of slices of pear, followed by a good spoonful of mushrooms. Place another piece of Pumpernickel on top, butter side out. Let that sizzle away for 2 or 3 minutes, peaking at the underside using a spatula to see that your bread is toasting not burning. Flip it.

3. Allow the sandwich to grill for a couple more minutes then remove from the heat. Cut in half and serve warm.

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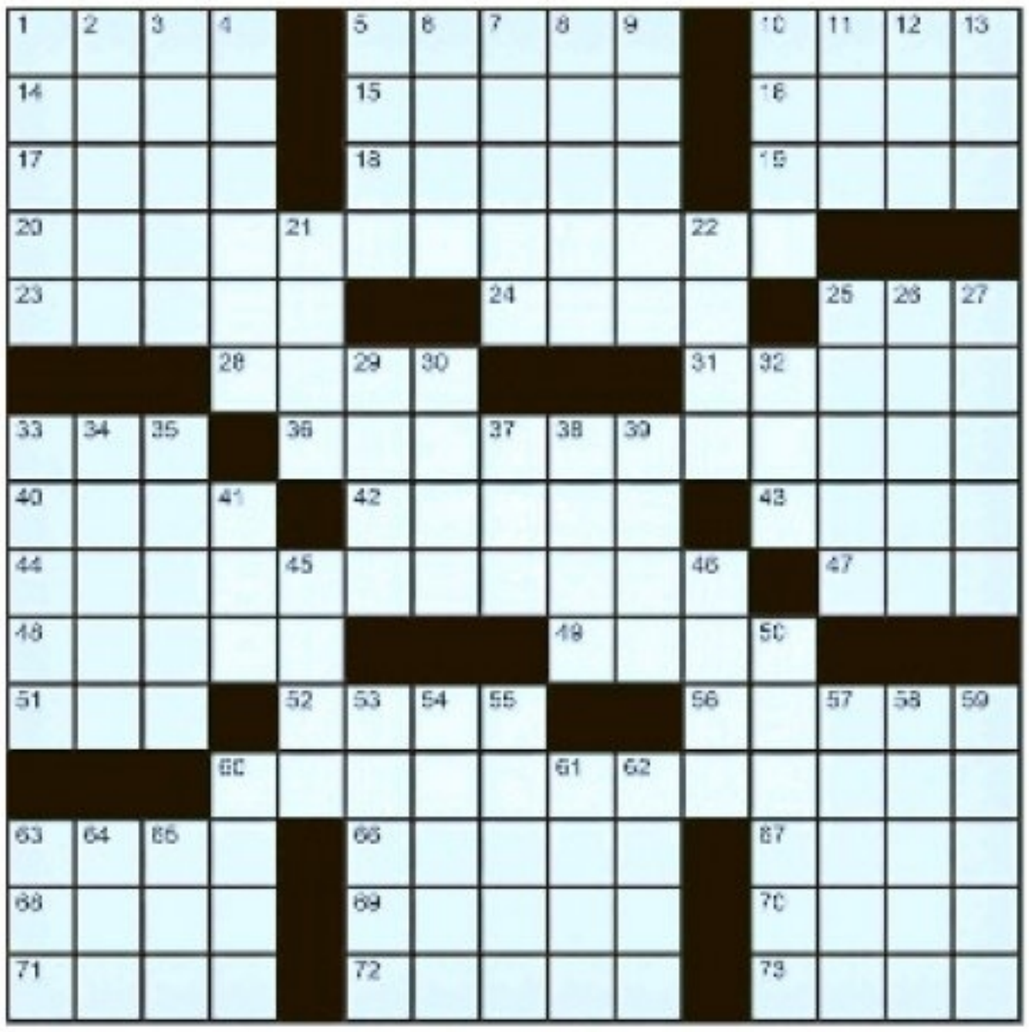
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. _. Coach
5. John _ (#36-Across' Newmarket, Ontario born co-star in #44-Across)
10. Young hawk
14. Same, in Sherbrooke
15. Love, in Venice
16. Hound's "Hey!" holler
17. Ancient concert sites
18. _ New Guinea
19. Glimpse
20. Group of Seven painter whose works are currently being exhibited at the Art Gallery of Ontario in Toronto: 2 wds.
23. Result
24. Ms. Redgrave
25. _ and flow
28. Alberta, e.g.
31. Showy variety of lily
33. TV Cousin
36. American comedian/writer/actor who is a co-curator of the exhibit at #20-Across: 2 wds.
40. _ crust pizza
42. Astrological aspect; or, Deuce-ace
43. Part of speech, e.g.
44. "Planes, Trains and _" (1987)
47. Stop-_-_
48. Doubled-lettered-starting creature
49. Mix
51. Currency in Japan
52. Ivy League school
56. Preference
60. North Shore, _ _ (1926 oil on canvas by #20-Across)
63. Dawn love song
66. 'I' of IV
67. Rock music's Better Than _
68. Forest mammal
69. Marketing link: 2 wds.
70. Hobby shop items
71. Dungeon-like
72. Have _ _ egg (Have savings)
73. _-planting ceremony

DOWN
1. Arcade game, Whac-_-_
2. Vehicle variety
3. Some ducks
4. Shred the sheets: 2 wds.
5. _'_ Crunch (Breakfast cereal)
6. Nursemaid
7. Certain cactus
8. England: Theatre Royal _ Lane (West End theatre in London)
9. Wish wistfully
10. Ophthalmologist's interest
11. Not-no
12. Matterhorn, for one
13. Operative
21. 'Ballad' suffixes
22. King Atahualpa, for one
25. Musicdom's Sir John
26. Flashy jewellery
27. Instrument played by #36-Across
29. Mr. Preminger
30. Action word
32. Curve
33. Po River locale
34. Mount _, Bylot Island (Painting of 1930 by the Brantford, Ontario born artist at #20-Across)
35. Greek Myth: Prometheus, for one
37. Gladiator's lucky number
38. Photocopies made bigger, for short
39. Convene
41. _ de plume
45. Ms. Angelou
46. Venue
50. Most unique
53. Dog of Japan
54. Russian leader, b.1870 - d.1924
55. Cosmetics company, _ Lauder
57. Measuring person, say
58. Dessert selection
59. Obliterate
60. Songbird sort
61. Leon _ (Exodus author)
62. Hound's huff
63. Do 'plus' work
64. Musicals star Ms. Salonga
65. Mr. Mulroney

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Sports events, romantic dates and time spent with children are areas where you might lose your temper today. Your objective is to have fun today. Keep this in mind.

Taurus April 21 - May 21
Avoid family squabbles or conflict with partners today, because you need this like a fish needs a bicycle. Stay mum and do everyone (including you) a favour.

Gemini May 22 - June 21
Don't try to win an argument today. Don't try to make a point. Demonstrate grace under pressure. Be a role model for others.

Cancer June 22 - July 23
Money squabbles are likely today, especially over children or social situations. Money is always a tricky thing between friends and romantic partners.

Leo July 24 - Aug. 23
Most people are touchy and irritable today, which is why you have to tread carefully. You might feel that you have to defend your ideas or beliefs when talking to someone. Oh well.

Virgo Aug. 24 - Sept. 23
Something going on behind the scenes might annoy you or become annoying for someone else. Assume nothing. Be prepared to smooth-talk your way out of something.

Libra Sept. 24 - Oct. 23
Quarrels with friends or members of groups might occur today. Think of the downside, especially for the future. Don't make a scene. Anger serves no purpose other than to make everyone other miserable.

Scorpio Oct. 24 - Nov. 22
You might be intimidated by someone in a position of power today because he or she is rude or coming on strong. That's his or her problem. You don't have to react.

Sagittarius Nov. 23 - Dec. 21
Do not preach or proselytize to others today because it won't work. People will object. In fact, some people are waiting for an excuse to fight. Don't give it to them.

Capricorn Dec. 22 - Jan. 20
Postpone discussions about shared property and inheritances for another day, because something will go south fast today. Easy does it.

Aquarius Jan. 21 - Feb. 19
It's not easy dealing with people today, especially bosses and partners. Before you know it, they are at loggerheads. Run away! Run away!

Pisces
Feb. 20 - March 20
Another argumentative day! The difference today is that arguments will likely take place at work. Chill out. Stay on good terms with co-workers because you have to work with them tomorrow and tomorrow and tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			4		2			
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8	6	4	2	1	5	9	7	3
1	7	9	3	6	4	5	8	2
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6	1	8	5	4	9	2	3	7
9	4	7	6	2	3	1	5	8
3	2	5	1	8	7	6	4	9

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